

\*\*\*\*\*

## November 2002 – Alaska's Injury Prevention Newsletter

\*\*\*\*\*

### Alaska News and Resources

Winter is here for some of us and is coming soon for the rest of us – be prepared!

1. Winter emergency kits.

### National News and Resources

2. Kids in the Kitchen: A Recipe for Safety.
3. Winter Poison Prevention.
4. Sledding to Safety.

### Miscellaneous

5. What is BCIRPU?
6. Product recalls and safety information.
7. Reminder on Safe Holiday Driving.

\*\*\*\*\*

1. **Winter Emergency Kits:** Traveling without planning and preparation can be dangerous at any time of the year. Here in Alaska we need to take the time necessary to prepare for the possibility of car trouble or road closure and prevent any cold-related injuries from occurring. Keep extra clothing and bedding in your vehicle throughout the winter months. Plan on having a set of long underwear, extra socks, long-sleeved sweaters, wool or fleece pants, caps, and mittens for everyone in the vehicle. Sleeping bags or wool blankets should also be in your emergency kit. Get a big plastic container with a tight lid (to avoid things getting wet), pack it early in the season, and put it in your vehicle every time you travel. The Alaska Cooperative Extension Office in Kenai has an excellent publication from the North Dakota Extension Service titled "Stalled, but Safe". For a free copy, call Kenai's Extension Office at 262-5824 or 1-800-478-5824.
2. **Kids in the Kitchen: A Recipe for Safety.** The National Safe Kids Campaign reminds us that the holidays present a great opportunity for children to learn about cooking, but it is crucial for parents or caregivers to keep a close eye on the kids and set strict rules for kitchen safety. Read all about it at the Safe Kids website:  
[www.safekids.org/tier3\\_cd.cfm?content\\_item\\_id=4410&folder\\_id=183](http://www.safekids.org/tier3_cd.cfm?content_item_id=4410&folder_id=183)
3. **Winter Poison Prevention:**
  - Turn on the lights and read labels before giving or taking medication;
  - Portable heaters should only be used in well-ventilated areas;
  - Don't warm up your car in the garage with the door shut;
  - Keep plants, medicine, vitamins, and small objects out of reach of children.
  - Canned goods left over the winter in an unheated cabin can present a potential for poisoning. Before opening any can or jar examine it closely; bulging ends, leaks, unsealed lids, and rust are all danger signs. Do not use canned foods that show any of these signs of spoilage. Cereals, rice, and pasta may not develop the look of spoiled food, but changes can occur in the quality (color, texture, flavor, odor) and in the nutrients contained in each. Be sure to store these foods in insect and rodent-proof containers. More information is available from Zoann Murphy, 907-465-1185.
4. **Sledding to Safety:** The American Academy of Orthopedic Surgeons (AAOS) urges parents and caregivers to make sure children on sleds wear helmets and stay safe on the hills:

- Children age 12 and younger should wear a helmet.
  - Don't sled on hills that end in a street, drop-off, parking lot, river, or pond.
  - Sit in a forward-facing position – never slide headfirst.
  - Sled only in designated and approved areas, such as parks.
  - Young children should be supervised by a parent or an adult.
  - Nighttime sledding should be done in well-lit areas.
  - Stay alert and be aware of other sledders.
5. **What is BCIRPU?** It is the British Columbia Ministry of Health's Injury Research and Prevention Unit. Unintentional Injury is the leading cause of death & hospitalization for people in B.C., as well as for people in the U.S. In the Prevention Efforts section there is the Literature Review: Effectives of Interventions to Prevent Childhood Injury, an excellent resource. [www.injuryresearch.bc.ca](http://www.injuryresearch.bc.ca)
  6. **Product recalls and safety information:** The U.S. Consumer Product Safety Commission tracks injuries or deaths in over 15,000 consumer products. To report a dangerous product or a product-related injury, call CPSC's hotline at 800-638-2772 or CPSC's teletypewriter at 800-638-8270. Other information and product recalls are available on the website: [www.cpsc.gov](http://www.cpsc.gov).
  7. **Reminder:** December is National Drunk and Drugged Driving Prevention Month. Visit the '3D' website for more information. [www.ncadd.com/3dmonth/index.htm](http://www.ncadd.com/3dmonth/index.htm)

\*\*\*\*\*

**Wishing all an enjoyable and safe holiday season!**



\*\*\*\*\*

This message has been compiled by the Section of Community Health and EMS (CHEMS), Alaska Division of Public Health and sent to subscribers of the AK-Prev and AHELP list-serves. It has also been sent as a "bcc" to others in Alaska including Public Health Centers, SAFE KIDS coalitions, Native Health Organizations, and regional EMS Councils and Coordinators who may be interested and active in injury prevention and health promotion. The purpose is to share resources, breaking news, training opportunities, product recalls, and opinions to help prevent injuries to Alaskans. Feedback and contributions are encouraged. Contributions can be directed to Mary Krom, [mary\\_krom@health.state.ak.us](mailto:mary_krom@health.state.ak.us)

Link for the AK-Prev and AK-EMSC list serve: [http://chems.alaska.gov/ems\\_list\\_servers.htm](http://chems.alaska.gov/ems_list_servers.htm)

Link for AHELP list serve: <http://www.auroraweb.com/ahec>